Physical Readiness and Recreational/Home Safety

Introduction

The United States Military Forces spend millions of dollars each year in promoting and providing physical fitness programs and equipment and facilities.

Military Emphasis on:

- Physical fitness
- Exercise equipment
- Exercise facilities
- Exercise programs
- Physical Fitness Assessment (PFA)
- Physical Readiness Test (PRT)
- Employing Fitness Professionals
- Training Command Fitness Leaders

Importance

- Just as it is important to do maintenance on ships and aircraft, we must take care of our bodies. Goal: Prevent the ship or aircraft (or body) from breaking prematurely.
- Traditionally, the Navy has focused on the importance of maintaining equipment; now emphasizing the importance of maintaining a healthy and fit body.

Objectives

- Explain the benefits of being fit and maintaining a healthy lifestyle for both the short and long term.
- Explain Navy programs and resources that provide education on physical fitness and weight management.
- Explain the basics of exercise programming and identify the primary components of an exercise program.
- Explain some components of the OPNAVINST that govern the Navy's Physical Readiness Program and the Physical Health Assessment (PFA).
- List and define some components of the PFA.
- Describe the consequences of failing a PFA.
- Know related regulations and programs.

Outline

- Fitness in Operational Setting
- Programs and Resources
- Exercise Programming
- OPNAVINSTs
- PFA Components
- PFA Failure
- Recreational and Home Safety

Fitness in an Operational Setting

Introduction

- The same Navy philosophy used for equipment maintenance to obtain optimal and sustained output applies to the individual Sailor.
- Take care of your body to achieve peak and sustained physical performance.

The United States Military spends millions of dollars each year promoting and providing physical fitness programs, equipment, and facilities to maintain a lifestyle among military personnel that promotes optimal health and physical readiness.

Reasons for Exercise

- Increase personnel productivity
- Increase the number of personnel safely meeting PFA requirements
- Reduce attrition, training, and healthcare costs
- Improve military bearing
- Improve self-image

Benefits

Short Term

- More energy
- Better ability to cope
- A sense of well-being
- Enhance performance
- Improve ability to fall asleep and sleep well
- Increase endurance
- Maintain healthy muscles, bones, and joints
- Improve burning of calories

Long Term

- Help to ward off heart disease
- Improve your health and quality of life as you age

Hazards of Inactivity

- Physical inactivity and diet has now bypassed tobacco as the leading contributor to premature death in the U.S.
- A lack of physical activity is one of the major risk factors influencing heart disease and other medical illnesses.

Fitness

- **Muscular fitness** allows you to perform muscular strength activities and enables greater endurance.
- **Aerobic fitness** allows you to perform job related activities involving cardiovascular demands.
- Performing **flexibility** exercises daily improves job performance and reduces the chances of injury.

Major Benefits of Physical Activity

- Helps reduce stress
- Increases energy & alertness
- Decreases fatigue
- Improves ability to fall asleep quickly & to sleep well

Reducing Injuries

- Injuries are the leading health problem impacting U.S. military force readiness today.
- Injuries are also the leading causes of death, disability, decreased readiness, and lost productivity in the DoD.
- If a person's musculoskeletal system is strong, flexible, and injury free, the risk of injury decreases.

Regular Physical Activity

- Burns calories and preserves lean muscle mass.
- Is a key component of any weight loss effort and is important for controlling weight.
- Helps keep the body’s metabolism working effectively.

Military Bearing

- Military bearing is an important component of the military culture.
- You represent the military, as well as the U.S., where ever you go and what ever you do.
- Having a physically fit body enhances your military bearing.

The Navy does not emphasize the importance of maintaining a healthy and fit body.

TRUE

FALSE

A:

Incorrect!

- This statement is not true.
- The Navy does emphasize the importance of maintaining a healthy and fit body.

BACK

Correct!

- The statement is false.
- The Navy does emphasize the importance of maintaining a healthy and fit body.

BACK

NEX

Participating in a regular fitness program will improve energy, decrease fatigue, and will improve your ability to fall asleep quickly and sleep well.

TRUE

FALSE

A:

Correct!

- The statement is true.
- Participating in a regular fitness program will improve energy, decrease fatigue, and will improve your ability to fall asleep quickly and sleep well.

BACK NEX

Incorrect!

- This statement is not true.
- Participating in a regular fitness program will improve energy, decrease fatigue, and will improve your ability to fall asleep quickly and sleep well.

BACK

Having a physically fit body has no effect on your military bearing.

TRUE

FALSE

A:

Incorrect!

- This statement is not true.
- Having a physically fit body has a direct effect on your military bearing.

BACK

A:

Correct!

- The statement is false.
- Having a physically fit body has a direct effect on your military bearing.

BACK NEX

Programs and Resources

Introduction

Servicemembers who seek to achieve optimum physical fitness to develop a healthy lifestyle or to meet Physical Readiness Program standards have a variety of command and Navy-sponsored programs and resources at their disposal.

Fitness Programs

- Command Fitness Leader (CFL)
- Fitness Enhancement Program (FEP)
- ShipShape Program
- MWR Facilities/Fitness Professionals
- Navy Fitness Websites

Command Fitness Leader (CFL)

- Primary point of contact at the command for physical fitness and weight management activities.
  - Familiar with applicable directives.
  - Advises chain of command on Physical Readiness Program matters.
  - Obtains/maintains physical readiness resources.
  - Provides assistance to members in weight management and monitors progress.

Fitness Enhancement Program (FEP)

- Means through which members improve health and physical fitness.
- Designed to:
  - Increase and maintain cardiovascular fitness, muscular strength and endurance, and flexibility;
  - Reduce excess body fat;
  - Promote year-round fitness and health; and
  - Provide nutritional guidance.

FEP Facts

- Not exclusively for members who do not meet standards; CO may assign anyone to the command's FEP.
- "Fitness progression":
  - Is closely aligned with the command FEP.
  - Is not necessarily tied to performance on official PFAs.
- FEP provides written documentation of performance and a goal-oriented plan.

FEP is directed when member:

- Exceeds limit for body fat percentage.
- Does not meet or exceed PFT standards.
- Has a body fat % equal to age-adjusted standard and scores less than “good-low” on any PRT event.
- Has an overall PRT score of “probationary.”
- Is waived from 1 PRT event and scores “probationary” on each of the other 2 events.
- Is waived from 2 PRT events and scores “probationary” on the 3rd event.

FEP for NROTC

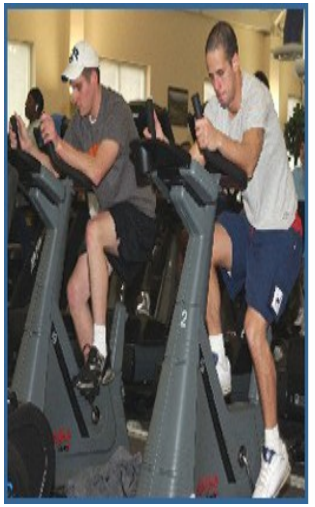
- Additional physical conditioning and dietary assistance is encouraged for students:
  - Whose body fat % exceeds standards.
  - Who fail to meet height/weight standards.
- Requirements:
  - Cannot enter the 3rd class year unless standards are met.
  - Two failures may result in disenrollment; three failures will result in disenrollment.
- Marine-option
- STA-21

ShipShape Program

- BUMED-approved weight management program.
- For active duty members needing assistance in maintaining physical readiness standards.
- Consists of 8 weekly sessions.
- Focuses on nutrition education, increasing physical activity and exercise, and behavior modification skills development.
- Not an exercise program; a complement to the FEP

MWR

- Provides fitness and weight management support with facilities, equipment, and programs.
- Provides support to CFLs and command-level fitness programs.
- Provides assistance of certified fitness instructors.



Commanding Officers may assign anyone to the command's FEP.

TRUE

FALSE

A:

Correct!

- Commanding Officers may assign anyone to the command's FEP.

BACK NEX

A:

Incorrect!

- This statement is true.
- Commanding Officers may assign anyone to the command’s FEP.

BACK

Exercise Programming

Introduction

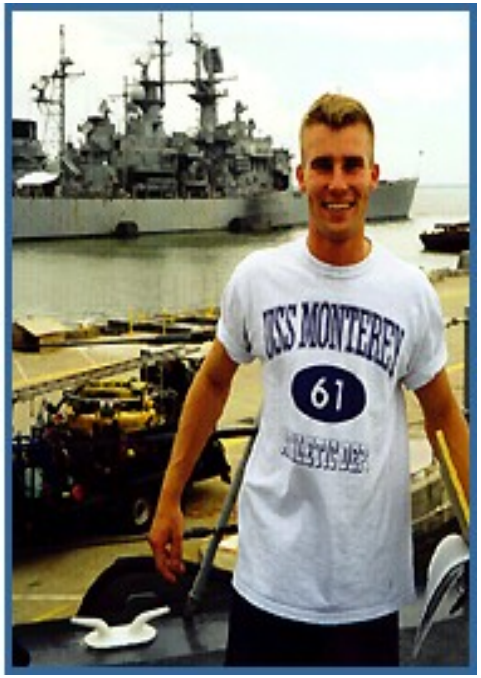
- This section will cover the basics of exercise programming and will identify the primary components of an exercise program. Industry guidelines for exercise program design will be identified.
- After completing this topic, you will be able to explain the basics of exercise programming and identify the primary components of an exercise program.

What Does it Mean to Be Fit?

- Physical fitness is a set of attributes that people have or achieve relating to their ability to perform physical activity.
- Total fitness is realized by exercising regularly, eating a healthy diet, and developing the ability to cope with stress without substance abuse.
- Being fit means being able to enjoy a full life and having low risk of developing major health problems.

Establishing Realistic Goals

- Use **SMART** goal-setting guidelines when designing or beginning an exercise program or when establishing new personal exercise goals.
- **S.M.A.R.T. Principle:**
  - **S**pecific
  - **M**easurable
  - **A**ttainable
  - **R**elevant
  - **T**ime Bound



Components of Exercise Program

3 primary components of an exercise program:

- Aerobic
- Muscular Fitness
- Flexibility/Stretching

Exercise Sequence

Always remember to warm-up prior to exercise and to cool-down after the primary exercise or sport activity is completed.

Warm-up -- 5 to 10 minutes
Stretch -- 5 to 10 minutes
Aerobic and/or Muscular Fitness
or
Sport/Recreations Activity
Cool Down -- 5 to 10 minutes
Stretch -- 5 to 10 minutes

F.I.T.T. Principle

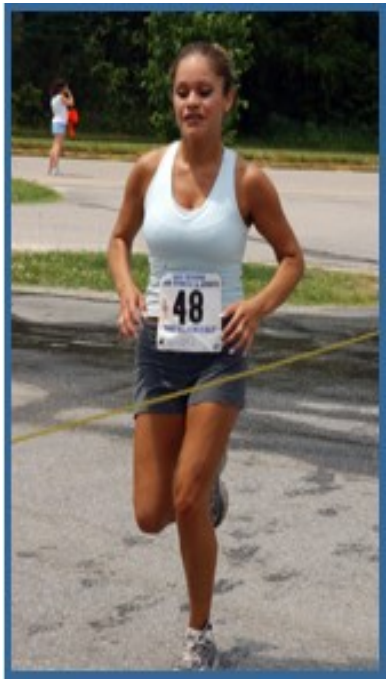
An acronym used by the fitness industry to describe the primary components of an exercise program:

F = Frequency of exercise

I = Intensity of exercise

T = Time of exercise

T = Type of exercise performed



Aerobic Fitness

- Activities that use large muscle groups (such as legs, hips, and shoulders) at an intensity that can be sustained for a long period of time.
- Examples: Brisk walking, swimming, hiking, running, stair climbing, aerobic dance, rowing, and bicycling.

Intensity Measurement

- Formula to measure intensity and determine target heart rate zone:
  - Subtract your age from 220.
  - Multiply that number times 60 percent to get the lower range of your target heart rate zone.
  - To get the upper range, multiply your working number times 85%.
- For safety reasons, the heart rate should not exceed an intensity above 90%.

Monitoring Intensity

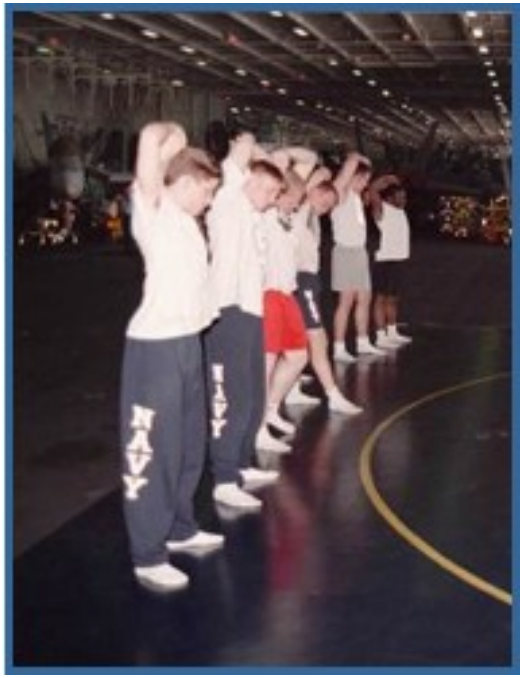
- Immediately after the most intense time of your activity, find your pulse by gently but firmly pressing on your wrist near the base of the thumb or on one side of your neck.
- Count the number of beats in 10 seconds, then multiply that number by six to determine how many beats per minute your heart is beating.

Muscular Fitness

- **<u>Muscular Strength</u>**: The amount of force a muscle or muscle group can exert against a resistance in one maximum contraction, through a full range of motion.
- **<u>Muscular Endurance</u>**: The ability of a muscle or muscle group to apply force repeatedly or to sustain a contraction for a period of time without undue fatigue.

Flexibility

- The ability to move a joint through a full range of motion without discomfort or pain.
- Flexibility is specific.
  - Choose your stretches to target the muscle groups that need attention.
  - Muscles that are tight and tense most need to be stretched.



Exercise Summary

- Many musculoskeletal injuries related to physical activity are preventable by gradually working up to a desired level of activity and by avoiding excessive amounts of activity.
- To reduce risk of injury, vary workouts.
- Following safety guidelines for your physical activity program decreases your risk of getting injured.

Intensity can be measured by how ___.

- well you can talk while exercising.
- high your body temperature is.
- hard your heart is working.
- fast you are breathing.

A:

Correct!

- Intensity can be measured by how hard your heart is working.

BACK NEX

$\mathcal{A}$:

Incorrect!

- Consider your options and try again!
- This is not how you would measure intensity.

BACK

OPNAV INSTRUCTIONS

OPNAVINST

- OPNAVINST 6110.1
  - Physical Readiness Program policy and procedures for the Navy's Physical Readiness Program as directed by DODI 1308.3
- OPNAVINST 6120.3
  - PHA is a medical review governed by OPNAVINST 6120.3

Physical Health Assessment

- Required of all active duty servicemembers on an annual basis, generally during their birth month .
- Consists of an individual review of medical status to include items such as blood pressure measurement, chest exam, and blood screening.

Which instruction provides guidance on the policy and procedures for the Navy's Physical Readiness Program?

- DODI 6110.1
- OPNAVINST 6610.1
- OPNAVINST 6110.1
- OPNAVINST 6120.3

A:

Correct!

- OPNAVINST 6110.1 is the instruction that provides guidance on the Navy's Physical Readiness Program.

BACK NEX

Incorrect!

- Consider your options and try again!
- This is not the correct instruction.

BACK

The PHA must be completed before each PRT.

TRUE

FALSE

Incorrect!

- This statement is not true.
- The PHA must be completed once a year.

BACK

A:

Correct!

- The statement is false.
- The PHA must be completed once a year.

BACK NEX

A Sailor has no other responsibilities related to fitness as long as they participate in the PRT twice a year?

TRUE

FALSE

A:

Incorrect!

- This statement is not true.
- Individual servicemembers:
  - Shall develop a regular year round fitness program of aerobic, flexibility, and muscular strength and endurance exercises.
  - Should, in addition to a fitness program, participate in daily tasks that result in the accumulation of 30 minutes of moderately intense physical activity.

BACK

A:

Correct!

- The statement is false.
- Individual servicemembers:
  - Shall develop a regular year round fitness program of aerobic, flexibility, and muscular strength and endurance exercises.
  - Should, in addition to a fitness program, participate in daily tasks that result in the accumulation of 30 minutes of moderately intense physical activity.

BACK NEX

PFA Components

Introduction

- The Navy's culture of fitness includes an all-hands commitment to year round regular physical conditioning and healthy food choices.
- As part of this commitment, the Navy has established maximum body fat and minimum physical fitness standards for all service members, both active and reserve.

PFA

- A semi-annual event comprised of BCAs (maximum weight for height screening and body fat % measurements) no closer than 4 months and no further than 8 months apart.
- The testable portions consist of:
  - Sit-reach
  - Curl-ups
  - Push-ups
  - Run/walk or swim

BODY COMPOSITION ASSESSMENT (BCA)

BCA shall normally be taken within 10 days of, but absolutely not less than 24 hours prior to, participation in the PRT.

Body Composition Assessment

- Body composition refers to the relative amount of muscle, fat, bone, and other vital parts of the body .
- Body Composition is assessed by:
  - An initial weight and height screening.
  - A Navy-approved circumference technique to estimate body fat percentage.

USN Standard
The upper allowable body fat limits:

	Age (Years)	
	17–39	**40–40+**
Male	22%	23%
Female	33%	34%

PRT EVENTS

- To be completed on the same day in the following sequence:
  - Warm-up
  - Sit-reach
  - Curl-ups
  - Pushups
  - Cardiovascular event
  - Cool down

PRT

- The PRT is one element of a total health, physical fitness, and readiness program.
- Minimal satisfactory performance establishes a base level of physical capacity essential for every member.
- All should strive to optimize fitness and readiness by exceeding minimum standards and achieving continual improvement.

CARDIOVASCULAR ENDURANCE

- The ability to perform large muscle movements over a sustained period
- The capacity of the heart and lung systems to deliver oxygen for sustained energy production.

PRI events shall be performed allowing at least ___ minutes, but no more than ___ minutes between events.
(Select one number from each column.)

- 1
- 2
- 4
- 5

- 5
- 10
- 15
- 20

$\mathcal{A}$:

Correct!

- This is the correct amount of time.

BACK

NEX

Incorrect!

- Consider your options and try again!

BACK

Q:

The maximum body fat for those aged 17- 39 shall be no more than___ % for males and ____% for females.
(Select one number from each column.)

18	28
20	32
22	33
23	37

A:

Correct!

- This is the correct body fat percentage for those servicemembers aged 17 – 39.

BACK NEX

A:

Incorrect!

- This is not the correct body fat percentage for those servicemembers aged 17 – 39.

BACK

The PFA is a semi-annual event comprised of BCA, followed by the sit-reach, curl-ups, push-ups, and either the run/walk or swim.

TRUE

FALSE

A:

Correct!

- The PFA is a semi-annual event comprised of BCA, followed by the sit-reach, curl-ups, push-ups, and either the run/walk or swim.

BACK NEX

Incorrect!

- This statement is true.
- The PFA is a semi-annual event comprised of BCA, followed by the sit-reach, curl-ups, push-ups, and either the run/walk or swim.

BACK

PFA Failure

Introduction

- The PFA is considered failed if one or more components are not completed satisfactorily.
- Command options if a member does not satisfactorily complete the PFA:
  - Remediation
  - Administrative actions

PFA Failure

- Failure of BCA as part of a PFA is a PFA failure.
- Failure of PRT as part of a PFA is a PFA failure.
- Failing both the BCA and PRT of the same PFA shall be counted as one PFA failure.

1st and 2nd Failure

- 1st failure: Written counseling, a page 13 for enlisted members, and a letter of notification for officers.
- 2nd failure in a four-year period: Written counseling, a page 13 for enlisted members, and a letter of notification for officers.
- Midshipmen who fail the PRT are placed on the FEP until a PRT is passed, plus one additional semester.

3rd Failure for Active Duty

- 3rd failure in a 4-year period: Members may transfer on PCS orders, as long as their EAOS allows for transfer and they meet the requirements of the gaining command.

3rd Failure in 4 years

- Enlisted
  - Are ineligible for frocking, advancement or reenlistment or to compete for advancement.
  - Shall receive a grade of 1.0 in "Military Bearing" and marks of "Significant Problems" and "Retention Not Recommended".
- Officers
  - Shall not be promoted, frocked, or re-designated.
  - Shall receive a grade of 1.0 in "Military Bearing" and a mark of "Significant Problems" for promotability.

Midshipmen Failures

- Midshipmen who fail to meet the required scores on the physical fitness test:
  - Will be subject to probation.
  - May face a PRB. (Required after 2nd failure.)
  - Disenrollment may result after 2 failures.
  - Disenrollment will result after 3 failures.

You may loose your school or special duty billet if you are not within the standards of the PFA.

TRUE

FALSE

A:

Correct!

- The statement is true.
- You may loose your school or special duty billet if you are not within the standards of the PFA.

BACK NEX

Incorrect!

- This statement is true.
- You may loose your school or special duty billet if you are not within the standards of the PFA.

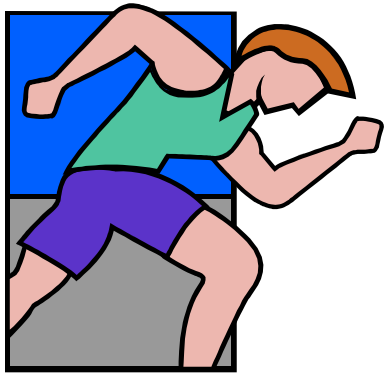
BACK

Recreational and Home Safety

Recreational and Home Safety

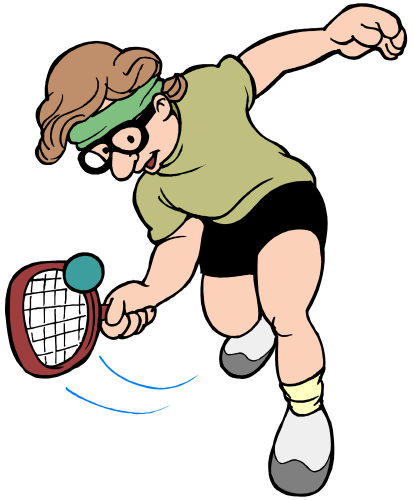
ATHLETIC REQUIREMENTS

- Bicycling
- Boating
- Hunting
- Jogging



ATHLETIC REQUIREMENTS (con't)

- Racquetball
- Target Shooting
- Boxing



HOME SAFETY PRECAUTIONS

- Battery charging, welding, spray painting
- Photo developing
- Child safety
- Home and vehicle repair

Home/Dormitory Fire Safety

Alcohol vs. Fire Death

- Strong link between alcohol and fire deaths.
  - In more than 50% of adult fire fatalities, victims were under the influence at the time of the fire.
  - Alcohol abuse often impairs judgment
  - Cooking is the leading cause of fire injuries on college campuses, closely followed by careless smoking and arson.

Factors in Dormitory Fires

- Improper use of 911 notification systems
- Student apathy
- Hindrance in evacuation efforts
- Delay in building evacuations
- Vandalized and improperly maintained smoke alarms
- Misuse of cooking appliances
- Overloaded electrical circuits/extension cords

Safety Precautions

- Maintain and regularly test smoke alarms and fire alarm systems.
- Replace smoke alarm batteries every semester.
- Regularly inspect rooms and buildings for fire hazards. Ask your local fire department for assistance.
- Inspect exit doors and windows and make sure they are working properly.

Safety Precautions (con’t)

- Create and update detailed floor plans of buildings; make them available to emergency personnel, resident advisors and students.
- Conduct fire drills; practice escape routes and evacuation plans.
- Do not overload electrical outlets and make sure extension cords are used properly.
- Learn to properly use and maintain heating and cooking appliances.

Summary